



Vernon Senior Center's

Issue 11

November 2015

Senior Moments

Fall Celebration

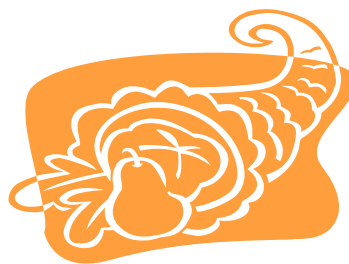
Come help us celebrate the Fall Season, on **Friday, November 13th at 1:30pm.** We will be serving Cider and donuts. Gather your friends from the Center to play games of your choice. We are offering dominoes, mah jongg, cribbage and scrabble to be played. **The event is free.**

When you **call to register** please **sign up** for the game you want to play.



Message from the Senior Center:

The staff at the Senior Center would like to wish you a very safe and Happy Thanksgiving.



Inside this Issue:

Happenings 1

Health Activities 2

Exciting Opportunities 3

FYI 6

Trips 9

Hours & Location 14

Newcomers Welcome

On the 3rd Thursday of this month, the Senior Center hosts a tour of the Center for new seniors. This month, it will be held on **Thursday, November 19th at 1:30pm.**

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that would be of interest

to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors. We are extending a warm welcome and hope to see you on the **19th.**

Please note it costs \$2.00 to join the Center.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, December 9th**. There will not be a screening in November. The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.



The Hearing Screening : The next hearing screening will be held on **December 17th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions.

Other Healthy Activities



Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.



Zumba Gold

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves! **Wednesdays at 1:00pm**. Payment is made to the instructor at the beginning of each class. First class is **Free!** Then it is **\$5.00** per class or **\$40.00** for a ten-class punch card.



Memberships

Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

Cards & Games

Bingo—Mondays at 1:00pm

Bridge—Fridays at 1:00pm

Canasta—Wednesdays at 1:00pm

Chess—Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos—Tuesday at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

New to Dominos—Tuesday 10:00am

Pinochle—Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

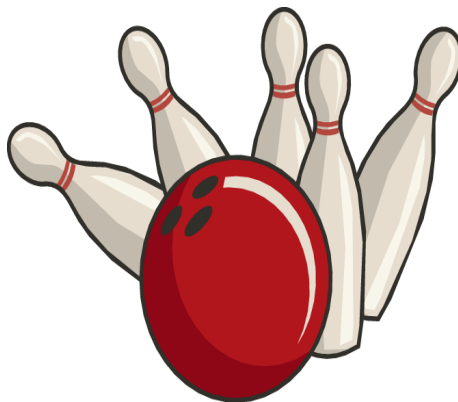
Set Back—Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Wii Bowling: This activity is offered on **Fridays at 12:30pm**. Our team is known as the Vernon Alley Cats. If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays & be part of the hooting and hollering. Go Cats.



Do you want to learn how to play dominos?

Come to the Center on Tuesdays at 10:00am to learn this fun game. We have volunteers who will teach you how to play. It is lots of fun.

Movie Matinee

Popcorn and a Movie: The Center is offering movie matinees! **Wednesday, November 4th at 1:00pm.**

The feature film is **Still Alice**. When 50-year-old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early-onset Alzheimer's—which forces Alice and her family to make radical changes in their lives.

Rated: PG-13 Runs: 101 mins

On **Wednesday, November 25th at 1:00 pm.**

The feature film is **Driving Miss Daisy**. After wealthy and strong-willed Atlanta widow Miss Daisy Werthan crashes her car, her son insists she hire a chauffeur. Miss Daisy's stubborn reluctance gives way as she slowly warms up to her new driver and the two strike up an enduring friendship.

Rated: PG Runs: 99 mins



Still Alice

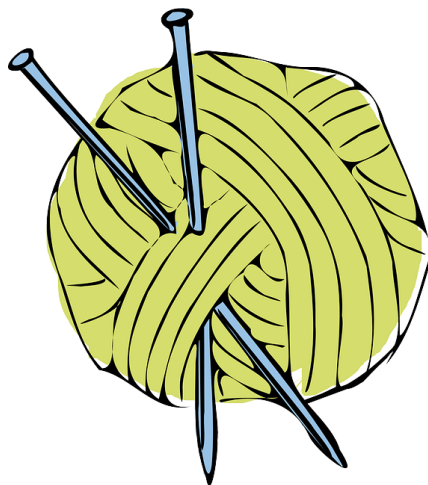
Driving Miss Daisy

Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on **Tuesdays at 1:00 pm**. They use colored pencils, pastels, pen and ink and watercolor. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 for each class.



Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity now meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am**.

All are welcome. The group gets larger every month!

Mah Jongg

Mah Jongg Lessons will begin on **Monday mornings from 9:30-11:00**, starting **November 2nd**. Classes will run for 6 weeks.

These classes are free to Vernon Residents and \$10 for Non-residents.

Please call to register.

Jewelry Making and Repairs

We will be holding a Jewelry making class on **Monday, November 16th at 9:30am— 11:30am**.

This class is for anyone who is interested in making beaded jewelry. You will have the opportunity to learn how to make earrings, bracelets, and necklaces. The instructor, Sandy Merrill, will supply all of the tools, and will bring supplies for you to purchase. The **cost** depends on the beads selected for each project. Handmade jewelry makes great holiday gifts for friends and family!

Please call to register.



For the Sports Minded

Drop In Pool - Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm**. It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am**. Any senior lady who would like to join the group is welcome!



Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windemere Court, Franklin Park, Franklin Congregate Housing, & Welles Village.

Wal-Mart East Windsor— Friday, November 6th

Need a ride to any activity or program at the Center?
Contact Hockanum Valley Community Council 860 - 870-7940
Dial A Ride Services



Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.

If you are interested in volunteering in the library please let us know.



All items have been donated.

Maryann Romano continues to volunteer keeping the library organized and easily categorized for your reading pleasure.

When Returning Library Books...

If you are returning books to the library, or dropping off materials for donations, we ask that you **bring it to the library directly.**

If there is an event going on upstairs that you do not want to interrupt, please notify one of the staff members.



We have dedicated volunteers that put away all returned materials and keep the library looking neat and organized. They cannot do their job if books are lying around the center and in the wrong locations.

- Thank you for your cooperation

FYI

Parking At the Senior Center: We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool. Also, we try to schedule well attended events on Friday afternoons when Town Hall is closed & more parking is available.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.



Age Requirement Change

The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

Memory Enhancement Series

The Center is offering a Memory Enhancement Series. It will cover types of memory, normal brain aging, factors that impact memory, and what is a serious memory problem. Memory enhancing strategies and exercises will be discussed. The program is presented by Jo Anne Harrison-Becker, MS Gerontology.



November's classes are the fourth and fifth of the series. November **2nd** and **9th** are the last classes in the series.

You must register for **each** class. This is a free event. Please call to register for this program.

Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

December 10th: Trip to Irving Berlin's White Christmas, The Ogunquit Playhouse, The Music Hall , Portsmouth, New Hampshire

December 16th: Crazy Whist Card Party

December 4th: Holiday Luncheon & Entertainment (snow date will be December 11th)

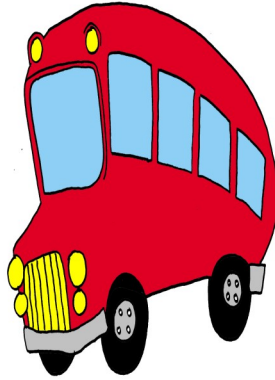


WalMart Bus Trip

The Center is offering a monthly trip on the Senior Center Bus to WalMart in East Windsor. The trip is scheduled for the first Friday of every month.

The trip in Nov. is on **Friday, Nov. 6th**. The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.

Happy Shopping



Other Activities

The “**Out to Lunch Bunch**” will meet on the second **Tuesday** of this month. Each month a restaurant is chosen. This month the “bunch” is going to the **Cracker Barrel** on **Tuesday, November 10th** at **1:00 pm**. Call now to sign up !

There are pickups available at the Senior Housing complexes—Franklin Park, Court Towers,



Grove Court, Florence Mill, Pitkat Congregate Center, and Windermere Court.

Please call Sela or come to the Center to sign up for this fun day out with your friends.

Advisory Board

The Senior Center Advisory Board meets the 4th Tuesday of the month at 9:30 am.

The following are the present board members: Jean Inge, Ron Kane, Joe Grabinski, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych and Carole Slattery. The Advisory Board role is to bring



suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

The next meeting is **Tuesday, November 24th** at **9:30am**.

What You Should Know

Energy Assistance

Vernon Social Services will be taking applications for the State's Energy Assistance Program. If you are low income, you may be eligible for heating assistance. Contact Vernon Social Services at 860-870-3661 for more information or to schedule an appointment.



Signing In At the Senior Center:

It is really important that you remember to sign in with both first & last names & sign in clearly. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Foot Care Appointments Available!



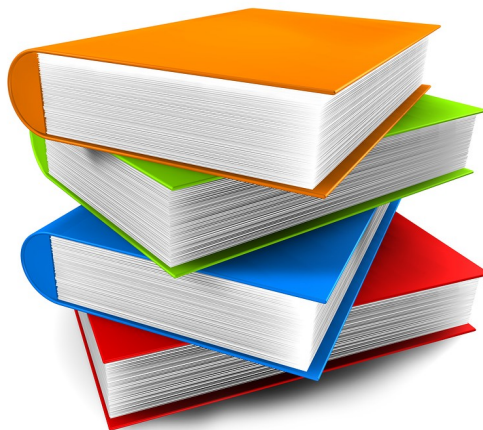
The Senior Center will be offering Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available**



Senior Book Club

The Senior Book Club will be meeting on **Thursday, November 19th at 10:00am.**

November's pick is **"The Orphan Master's Son"** by American author Adam Johnson.



The novel deals with intertwined themes of propaganda, identity and state power in North Korea. The novel was awarded the 2013 Pulitzer Prize for fiction.

The book club meets on the third Thursday of every month. Each person in the group gets to select a book to read.

You do not need to register for this activity.

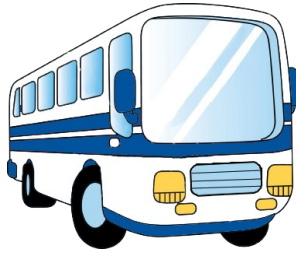
Up Coming Trips

Nov. 4th— 9/11 Museum

December 10th— Irving Berlin's White Christmas at the Ogunquit Playhouse, The Music Hall in Portsmouth, New Hampshire

January 27th— Bus trip to Foxwoods Casino

February 24th— Bus trip to Mohegan Sun Casino



Suggestions are always welcome.

Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given once payment is received unless we are able to fill your spot on the trip.

We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.

9/11 Museum

The **National September 11 Memorial** honors the men, women and children killed in the terrorist attacks of September 11, 2001 and the World Trade Center bombing that had killed 6 people on February 26, 1993. This national tribute is a place of remembrance, commemorating the nearly 3,000 victims, recognizing the thousands who survived and reflecting the courage and compassion shown in the aftermath.

Wednesday, November 4, 2015

Depart: 7:30am

Estimated Arrival Home: 6:45pm

Cost: \$62 per person— this includes transportation, taxes, gratuities, and entrance fee to the museum

Leaving from Green Circle Commuter Lot.

You must **sign up** for this trip.



White Christmas

The Music Hall, located in downtown Portsmouth, New Hampshire, will present the Ogunquit Playhouse production of the Irving Berlin classic, **White Christmas**, on **Thursday, December 10th**. The cost includes: round trip transportation, Orchestra Seats to the 2:00pm matinee performance, and all taxes and gratuities, including the driver. You will have time on your own in downtown Portsmouth for lunch before the show and rest stops will be made on the way there and on the way back. The bus departs Vernon's Green Circle Commuter Lot at **9:00am** with an approximate return time of **8:00pm**.

Cost: \$115.00

Please call to register



Holiday Party

Let's Celebrate the Season!

Join us on **Friday, December 4th, at 12:30pm** for a Holiday Feast catered by Maneeley's Banquet Facility in South Windsor and entertainment by **Michael Ciulla**.

Dig out those festive holiday sweaters that have been neglected since last winter!

Menu: Beef Tips in a Burgundy Sauce, Seafood Stuffed Sole, Roasted Baby Potatoes with garlic & herbs, Salad, Rolls & Dessert.

Help keep the joy in the holiday season!

Please bring a **new, unwrapped toy** to benefit the children in Vernon. All donations will be donated to Vernon Social Services.

Please call to register.

Cost \$12.00

Snow Date: Friday, December 11th



Special Events & Services



Help Needed

Volunteers are needed at the Pitkat Congregate for lunch service. The volunteers will help with the distribution of lunches to the residents of the Pitkat Congregate. Volunteers are needed daily, around 11:00am-1:00pm. Please call Judy or Mary at 860-875-9244, if interested.

Winter Weather Policy

A Reminder: Now that winter is approaching, it is important to listen to **WTIC 1080 radio** or to watch **WFSB Channel 3**, if there is snow in the forecast.

If Vernon schools are **closed**, the Center is **Closed** and there will be **no transportation** available with the Senior Bus or the Senior Car.

If there is a school delay, the Center will open at 9:00am, as usual.

Storm closing information is posted as early as 7:00am in the morning so you can plan your day accordingly. Thank you, and please be safe.



Birthday Celebration



The Center will be celebrating October, November, and December Birthdays on **Monday, December 14th at 2:00pm.**

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of October, November, and December. Even if you don't have a birthday, but would like to honor your fellow seniors, please do not hesitate to join us.

Please call the Center to sign up.

Special Events & Services

Crazy Whist

The Senior Center is hosting a Crazy Whist Card and Pizza Party on **Wednesday, November 18th at 12:30pm**. We will start with pizza followed by card playing. Crazy Whist is a fun card game that everyone can play!

Cost: \$7.00 per person.
You must register for this program.

Everyone is welcome!



Scrabble

Scrabble - Tuesdays at 1:00pm.

Scrabble is a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board which is divided into a 15x15 grid of squares. The tiles must form words which, in crossword fashion, flow from left to right in rows or downwards in columns. The words must be defined in a standard dictionary.

M₃

You Be The Judge

You Be The Judge is a group activity that lets you make the final call. The group listens to actual court cases, then discusses them. When the participants agree on a final verdict, they will then learn the true fate of the defendant. The group will be able to learn how close or far away the real ending was in comparison to their decision. It's a fun way to help keep the mind sharp and the problem-solving even sharper. So come be the judge with us. This event will be held on **Friday, November 20th at 1:30pm**.

The event is free.

Please call to sign-up.

Plants 101 Continued

Jean Inge will be holding another class on the Care of House Plants, on **Friday, November 20th at 1:30pm**. She will cover such topics as how to care for the many different types of plants and the best environment for those plants. She is available to answer any questions you may have on the plants you own. **This event is free. Please call to register.**

AARP Drivers Safety Class

The AARP will host a Drivers Safety Class on **Thursday, November 19th from 11:30am-3:30pm**. Cost is \$15.00 for AARP Members, \$20.00 for non-members. Payment by check only on the day of the class. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance. **The course is designed to help you:**

- * Update driving skills and your knowledge of the rules and hazards of the road.
- * Learn about normal age-related physical changes and how to adjust your driving to compensate.
- * Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.

Fall Puzzle

C F S L S C A R E C R O W A W
 X W A E T U F H C O U N T R Y
 R C O R P K R H A F A L L M
 I O C R M T A E A R E P S E A
 C L T C N E E Y D Y V Y C A P
 E O O G C V R M B S A E G F L
 Y R B L Z R E S B W G P S A E
 Y S E M E V O G Z E Z Y P T O
 E N R A I A H P E A R K C H R
 L B R Q P G V B S T D A H L A
 L R P S Q P R E P E A R I R N
 O O C O R N L A S R L B L R G
 W W F R U I T E T R C O L D E
 Z N P U M P K I N E N T Y E O
 G R A I N Q N O V E M B E R S



Find these
autumn
words:

apple	fruit	orange
brown	grain	pear
chilly	harvest	pumpkin
cold	hay	red
colors	leaf	rice
corn	leaves	scarecrow
country	maple	September
crops	migrate	sweater
fall	November	vegetables
farmer	October	yellow

Brain teaser

What gets wetter as it dries?

Answer on the next page

November Coloring Page

Come have fun coloring the November Page. Coloring is a great way to unwind and relieve stress, while being creative. Feel free to share your completed page!



Answer: A Towel

Just a Reminder...

Closed

Wednesday, November 11th - Veteran's Day
Thursday and Friday, November 26th and 27th -
Thanksgiving Holiday.

Join us at the Senior
Center for a fun day!

November's Birthdays !

Happy Birthday:

Nov. 1	Carl Palmberg
Nov. 6	Alice Galo
Nov. 12	Rita Hart
Nov. 13	Ed Zinky
Nov. 14	Connie Marinelli
Nov. 16	Bernie Futoma, Linda Benoit
Nov. 20	Peggy Meyers
Nov. 23	Lois O'Callaghan
Nov. 26	Gordon Mead, Alice Bonzek

Note: If you would like
your birthday/anniversary
in the Newsletter, please
inform the Senior Center
Staff.



VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: ssaunders@vernon-ct.gov

Hours
Monday—Friday
9:00am—3:00pm

Join us at the Senior
Center for a fun day!

The Vernon Senior Center is committed
to assisting Vernon seniors by providing
programs that meet their needs and address
their concerns.

Our staff includes:

Sela Saunders, Interim Director

Susan Ward, Senior Program Coordinator

Website: www.vernon-ct.gov

Vernon Senior Center

26 Park Place

Vernon, CT 06066

To: